GOVERNMENT OF ANDHRA PRADESH

ABSTRACT

School Education Department - Implementation of Physical Literacy in all Schools across the State of Andhra Pradesh from the academic year 2017-18 – Guidelines – Issued.

SCHOOL EDUCATION (PROG.II) DEPARTMENT

G.O.Ms.No.35 Dated: 09.06.2017

Read the following:

1. G.O.Ms.No.842, General Administration (Cabinet) Dept., dated: 18-06-2016.
2. G.O Ms.No.37, School Education (Prog.II) Dept., dated 06.06.2016.
3. G.O Ms.No.80, School Education (Prog.II) Dept., dated:16.08.2016.
4. From the Commissioner of School Education, A.P. Hyderabad, Lr. Rc. No. 518/PS-I/2015, dated 27.09.2016

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ORDER

In the reference 4th read above, the Commissioner of School Education, A.P. Amaravati has submitted the Physical Literacy Policy frame work / guidelines covering Goals & Objectives for Physical Literacy curriculum in schools, Institutional Framework, Implementation Plan, Governance Framework, Finance & Budget, Implementation of Yoga; and Resource Institutes of Physical Literacy (RIPL) including the activities/Implementation Plan.

2. Physical Literacy, is described as the motivation, confidence, physical competence, knowledge and understanding to maintain physical activity throughout the life course. Physical Literacy is as important as reading and writing. Absence/lack of Physical Literacy impacts growth, development, happiness, productivity and life expectancy of citizens. Physical literacy is the foundation for developing the skills, knowledge, and attitudes needed for citizens to lead healthy, active lives throughout their life time.

3. Vide reference 1st read above, the Government constituted the Cabinet Sub-Committee with five departments to develop and recommend an overall Physical Literacy Policy for the State of Andhra Pradesh. Each related department is to develop the road map and implementation plan for promoting Physical literacy. This G.O. outlines the Physical Literacy strategy and implementation plan for the School Education Department.

I. Goals & Objectives: The goals and objectives of the Physical Literacy policy and program in School Education Department is to shift the focus of Physical Literacy from being an extracurricular activity to a curricular activity, so as to stimulate significant health and educational attainments for all children in the State. The specific goals and objectives of the Physical Literacy of School Education are:

1. To make Physical Literacy an integral part of the Curriculum at School level for multi-faceted development of all the children.
2. To provide opportunities to school children to experience physical activity in a positive and supportive environment so as to promote lifelong engagement in physical activity.
3. To create an inclusive environment in schools for promoting balanced lifestyle, exercise, sleep and nutrition among all teachers and students.
4. To make aware and motivate the Head Masters, Teachers and other stakeholders in the School eco-system to appreciate and implement Physical Literacy programs in schools.
5. To collaborate with experts in the field, other Government Departments in achieving the Physical Literacy goals and objectives.

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II. Elements of Physical Literacy: The elements of Physical Literacy are indicated below. Details are mentioned in Annexure to this G.O.

1. Body Awareness and Yoga.
2. Movement Skills.
3. Rhythmic Movements/ Group Activities.
4. Fun, Creativity, Leisure and Recreation.
5. Multi Environment Exposure.
6. Organized sports.
7. Regional Sports.
8. Expressions/ Performance Arts.

III. Implementation Plan:

1. The physical literacy implementation plan shall include extensive awareness and outreach program, designing and implementing age and class specific curriculum, continuous education and training to PETs, SAs (PE) and other teachers, regular assessment of students, provisioning infrastructure, leveraging technology for effective monitoring, community engagement, etc. Details are mentioned in the annexure to this Government Order.
2. The Commissioner of School Education shall ensure implementation of physical literacy program in all categories of Schools in coordination with other related Departments, including Sports and Youth Affairs, Panchayat Raj & Rural Development, Health, Urban Development, Sports Authority of Andhra Pradesh (SAAP), etc.
3. The Pullela Gopichand Sports Academy in coordination with the International Physical Literacy Association and the Sports4Life Canada shall provide technical expertise. The Commissioner of School Education shall enter into Memorandum of Understanding with Gopichand Sports Academy for curriculum development and with external technical partners duly defining the modalities of co-ordination for furtherance of Physical Literacy.
4. Specific Committees with composition indicated under guideline 15 below are to be formed to steer and guide the implementation of the Physical Literacy program at different levels. The roles and responsibilities of the different Committees are discussed in the Annexure to this G.O.
5. The Yoga & other components of Physical Literacy: As per G.O. Ms. No.37 SE (Prog.II) Dept dated 06.06.2016 r/w G.O Ms. No.80 SE (Prog.II) Dept dated 16.08.2016, Yoga is to be implemented in all schools and Junior Colleges functioning under all managements imparting education from classes VI to XII. Isha Foundation, Art of Living, Pathanjali Yoga Peeth, Bramha Kumaris etc., will provide technical support for designing the appropriate Yoga training, awareness building and monitoring framework for implementation of Yoga in the State.
6. **Resource Institute of Physical Literacy (RIPL):** The Commissioner of School Education shall take action to identify some schools in each district and develop them as Resource Institutes of Physical Literacy (RIPL). They shall function as centres of excellence and support delivery of the Physical Literacy activities in the schools within their cluster. The objectives, strategy, infrastructure, mandatory programs etc. of RIPL are detailed in the Annexure to this GO.
7. **Academic Calendar:** The Commissioner of School Education shall ensure that there will be at least 6 periods of Physical Literacy and Yoga classes per week in all schools.

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8. **Nodal Teachers:** The Physical Literacy must be included in the job chart of the School Assistant (PE) and Physical Education Teachers. The Commissioner of School Education shall asses the need for creation of Physical Education Teacher posts and send necessary proposals to Government for creation of PET posts in a phased manner in the High Schools under Government and Local Bodies and trainined teachers/PETs must be made available in next two years.
9. The regular teachers & Physical Educational Teachers shall facilitate Physical Literacy activities in the schools. All subject teachers in the schools shall actively support Physical Literacy in their respective schools in addition to imparting instructions in their respective subjects.
10. The School Assistant (Physical Education) in Government managed Upper Primary and High Schools shall be re-designated as School Assistant (Physical Literacy) and Physical Education Teacher as Physical Literacy Teacher (PLT)
11. **Strengthening Nutrition:** Keeping in view the high Physical activity expected of the children, Government shall further examine the need for and allocate additional resources for high quality Mid-Day Meals and other nutritional support. The Commissioner of School Education shall formulate and submit the proposals for nutritional improvement of the children.
12. **Finance & Budget:** For implementation of the Physical Literacy policy, the Commissioner of School Education shall identify savings for allocating 5% of total School Education Budget. The Implementation Committee will prepare the Annual budget estimates and take necessary approvals of the Strategic Governing Committee.
13. **Long Term Athletic Development (LTAD):** The Commissioner of School Education shall make arrangements for identifying of the children with potential for high performance in specific sport/game and ensure special long term coaching to such students in their respective activity in co-ordination with the SAAP and such other organizations.
14. Government have the powers to modify the policy at any stage and make necessary amendments keeping in view the emerging requirements.

15. **Strategic & Implementation Committees:**

a. Strategic Governing Committee shall comprises:

1.	Secretary/ Principal Secretary/Spl.C.S. to Govt., School Education Department	:	Chairperson
2.	Secretary/Principal Secretary/Spl.Cs to Govt., Higher Education Department	:	Member
3.	Secretary/Principal Secretary/Spl.C.S. to Govt., Sports & Youth Affairs Department	:	Member
4.	Commissioner of School Education.	:	Member Convener
5.	One eminent Sportsperson, Adviser	:	Member
6.	One eminent Academician with Physical Literacy related expertise	:	Member
7.	One senior member from eminent National/ International Physical Literacy Organization.	:	Member

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b. The Implementation Committee shall comprises of:

1.	Commissioner of School Education	:	Chairperson
2.	State Project Director, SSA	:	Member
3.	Director, RMSA	:	Member
4.	One representative from SCERT	:	Convener
5.	One representative from Higher Education from PE/Sports background	:	Member
6.	One of the District Educational Officer (to be co-opted by CSE, A.P. Amaravati)	:	Member
7.	VC & MD, Sports Authority of Andhra Pradesh	:	Member
8.	One consultant from Physical Literacy Expertise team (Gopichand Sports)	:	Member

Implementation team composition may be revised as per decisions of Governing Committee. Implementation Committee will work under the guidance and supervision of Governing Committee.

c. The District Level Committee shall comprises of :

1.	District Collector	- Chairperson
2.	District Educational Officer	- Convener
3.	District Sports Development Officer	- Member
4.	Two Deputy Educational Officers	- Members
5.	Two Mandal Educational Officers	- Members
6.	One eminent expert from Yoga/Sports/Phy.Edn	- Member
7.	One Representative of recognized Dist.PET's Assn	- Member
8.	One HM of a High School (Govt./ ZP/ Aided)	- Member

d. The Mandal Level Committee shall comprises of:

1.	Dy. Educational Officer/MEO	- Convener
2.	Two Head Masters of the Mandal.	- Members
3.	Two SAs (PE) (one must be able to teach Yoga)	- Members
4.	One member of School Management Committee (from the High School)	- Member

The respective Conveners shall nominate the members of the Committee with the approval of Chairman. The composition of the Committee may be revised as per decisions of Implementation Committee from time to time. The Committee will work under guidance and supervision of Implementation Committee.

4. In the circumstances reported by the Commissioner of School Education, A.P. Amaravati in the reference 4th read above, after careful examination of the matter, Government have accepted the Physical Literacy Policy submitted by the Commissioner of School Education, A.P. Amaravati and hereby accord permission to the Commissioner of School Education, A.P., Amaravati for implementation of Physical Literacy in all Schools across the State of Andhra Pradesh from the academic year 2017-18.

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5. The several aspects of Physical Literacy Policy such as action plan, designing of curriculum, leveraging technology for monitoring the Policy are detailed in the Annexure to this order.

6. The Commissioner of School Education, A.P. Amaravati shall take further necessary action in the matter.

7. This order issues with the concurrence of the Finance (FMU-Education) Dept. vide their U.O.Nos. 41022/79/2016, dated 27.11.2016 and 41022/79/2016, dated 31.03.2017.

(BY ORDER AND IN THE NAME OF THE GOVERNOR OF ANDHRA PRADESH)

ADITYA NATH DAS
SPECIAL CHIEF SECRETARY TO GOVERNMENT

To
The Commissioner of School Education, A.P. , Amaravati
The State Project Director, SSA, A.P. Amaravati
The Director, SCERT, A.P. Amaravati
The YAT & Sports Dept
The Finance (FMU-Edn) Dept
The Panachayat Raj Dept
The HM & FW Dept
The MA & UD Dept.
All Members concerned (through the Commissioner of School Education, A.P. Amaravati)

// FORWARDED BY ORDER //

SECTION OFFICER

(PTO for Annexure)

ANNEXURE TO G.O. Ms. No. 35, SE (PROG.II) DEPT. DT.09.06.2017

The Physical Literacy include various elements, action plan, monitoring through Committees, designing of curriculum, leveraging technology for monitoring etc. The several aspects of the G.O. on Physical Literacy are detailed hereunder.

I. Elements of Physical Literacy:-

i. **Body Awareness (inwardly focused): Yoga** – Yoga Nidra, Pranayamam, Mind fullness, Meditation, Tai Chi, Music.

ii. **Movement Skills**: Agility, Balance, Co-ordination, Speed, Running, Jumping, Throwing (RJT), Kinaesthetic, Gliding, Buoyancy (KGBs), Catching, Passing, Kicking (CPKs), Striking.

iii. **Rhythmic Movements/ Group Activities:** Kollatam, Dappu, Kharra Samu, Malikhamb.

iv. **Fun, Creativity, Leisure and Recreation:** Free Play, Recess time, fun in schools, Pilates, Aerobic classes, Trekking/Mountain Climbing.

v. **Multi Environment Exposure:** Water / Snow/Land – Surfing River Rafting, Wave boarding, Diving etc.

vi. **Organized Sports:** Cricket, Football, Basketball, Volleyball, Tennis, Table Tennis, Badminton.

vii. **Regional Sports:** Tookad Billa, Billamgodu, Kho Kho, Kabaddi, 7 Stones etc.

viii. **Expressions/ Performance Arts: Dance** – Kuchipudi, Bharatanatyam, Art Sports forms like Kalaripattu including other Indian and western classical and contemporary dance forms.

II. Implementation Plan

a. **Awareness and reach out program on Physical Literacy:** Awareness and reach-out campaign to Teachers, Parents, Children and other stakeholders will be undertaken. Physical Literacy will be a mandatory subject with daily classes. Also physical literacy awareness sessions will be conducted on a regular basis at schools by eminent Sports Persons of the State and persons in other relevant fields with experience.

b. **State-wide Coverage:** Physical Literacy program is to be implemented from the academic year 2017-18 in all types of schools under all managements across the State. There shall be 6 periods of Physical Literacy in a week for each class. Preferably the last hour of the day should be the physical literacy class in which all students and teachers will participate.

c. **Continuous Education and Training -** School Education Department will take action to educate all stakeholders and disseminate knowledge on Physical Literacy through communication strategy, pilots, etc. Required number of Master Trainers from among the PETs will be trained on Physical Literacy. Necessary training will be provided to the teachers to deliver Physical Literacy Lesson Plans and administer the assessment tools effectively. That will bring teachers closure to pupils besides keeping teachers and students active and healthy. Continuous education, monitoring and incentive structure will be put in place for promoting physical literacy in all schools.

d. **Standardized and Continuously Evolving Curriculum & Assessment -** Comprehensive Physical Literacy curriculum will be developed and implemented for Class I to Class X. Age, Class and if required, gender specific curriculum including lesson plans, assessments, and activity details will be defined and developed by SCERT/ other experts in fields with appropriate external technical/material support. Required review & translations to other languages will also be ensured. SCERT will define the provision of Physical Literacy classes in the academic calendar, School time-table.

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Technical expertise for designing and developing the Physical Literacy Curriculum will be provided by the SCERT in consultation with the Gopichand Sports Academy, Canadian Sport4Life and the International Physical Literacy Association (IPLA)/ other qualified and eminent institutions and experts. They will bring in the necessary global expertise for preparation of curriculum, material preparation (lesson plans, manuals etc.) and training delivery.

e. **Monitoring Physical Literacy Program** – The Commissioner of School Education will develop and put in place an efficient monitoring and evaluation system. In all the inspecting formats or duties, it must be kept top priority to seeing progress in Physical Literacy lessons. This subject cannot be exclusive domain of Physical Education teachers. Performance of Head Masters, Dy.EOs, MEOs/Inspectors and DEOs will have to be earmarked in Physical Literacy curriculum also. This system will define the Key Performance Indicators for all stakeholders, especially performance indicators for Schools, Teachers and Students, School Administrators etc.

f. **Technology enablement –** Modern and relevant technology will be leveraged to establish an efficient monitoring and evaluation system. Appropriate technological tools, devices and applications may be used for training on physical literacy content delivery, continuous refresher modules delivery for the teachers, capturing data of assessment of students of all classes and ages; recording and analysis of data, etc.

g. **Infrastructure** – To implement Physical Literacy, school infrastructure and equipment can enhance the delivery quality and experience. All schools must have provision for a Play-ground (size should be adequate to manage physical activities of all school kids together). Where Schools do not have adequate space, they shall tie-up with local bodies/NGOs/CSR and civic bodies to arrange the Playground/arena/Performing sat dias. However, this should not be a constraint to deliver Physical Literacy classes and Instructors may suitably modify lesson plan delivery as per space available. The requirement of a play-ground cannot be compromised and in a time-bound manner must be fulfilled with convergence with other departments/entities.

h. **Community Engagement**: The School Management Committees, people with special ability and Village/District level heads or Sports Persons may be involved in implementation of Physical Literacy.

i. The Commissioner of School Education shall identify best schools in achieving the Physical Literacy goals and objectives and give award to the best school including Physical Literacy classes also. Annual Sports in Schools, at Mandal level and District level would form integral part and shall culminate in State level competitions.

The Strategic Governing Committee will work on the infrastructural facilities and equipment to be provided to all the schools in a phased manner with a time frame of maximum 5 years. For each lesson plan, required equipment details will be provided to schools which should be purchased in given time frame. However, this should not be a constraint to deliver Physical Literacy classes and Instructors may make necessary changes in lesson plan delivery as per equipment available.

III. Resource Institute for Physical Literacy (RIPL)

a. Objectives of RIPL:

1. To implement the Physical Literacy activities in their true essence and to make implementable models for the rest of the schools

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2. To make their School the Center of Excellence in implementation of different Physical Literacy activities, events, sports celebration meets, Yoga practice and cultural meets in the region

3. To foster Physical Literacy in education institutes and communities through RIPLs and to serve as a training and development centers for future

4. To act as a Nodal Center for comprehensive implementation of Physical Literacy program at the field level and to facilitate monitoring, mentoring and feedback to the department.

b. Strategy:

i. In each district, there will be at least one Resource Institute of Physical Literacy per Division. This number can be increased based on the need by the Commissioner of School Education. One High School and one Primary School should be selected as RIPL from each division

ii. Among the 3 High Schools, one should be Non-residential (ZP/ Govt/ Municipal school), one should be residential (APSWREIS/APMS) and one should be for girls (ZPGHS/KGBV)

iii. Among the 3 Primary Schools one should be MP/ Govt., one should be Municipal and one should be Model Primary School. If there are more than 3 divisions in a district, inclusion of private/aided schools in one /two of the divisions can be considered.

c. RIPL Selection Committee: The District Educational Officer should form a committee with the following members for identifying and selecting RIPL Schools. The Committee will visit all the schools in the district and submit the report to the D.E.O. suggesting the schools to be developed as RIPLs duly fulfilling the suggested norms. The DEO will finalize the RIPLs of both High Schools and Primary Schools and communicate to the State office:-

1. The DEO as Chairman
2. Two Dy.EOs and one MEO of the district.
3. One SAAP member
4. 3 active S.As (PE)/ PET of the district.

d. RIPLs Selection Norms: Each High School and Primary School to be selected as RIPL, should have a minimum 400 and 100 students strength respectively. The School should preferably be located at the center of the division and accessible to all other schools in the division. It should have good infrastructure and area (playground, outdoor area, indoor area, multi-sports options, etc.) to implement Physical Literacy activities and events. There should be medical facilities in the town or in the nearby town. In the High School there should have full time PET/ SA (PE)

e. Mandatory Programmes: The programmes to be implemented mandatorily in RIPLs are Physical Literacy and Yoga, Month-end Physical Literacy festival by inviting other school children and staff as guests, Division-level Physical Literacy meets, and monthly motivational session by eminent Physical Literacy people (sports persons, yoga gurus, dancers, artists etc.)

f. RIPL Staff: The Commissioner of School Education is permitted to issue separate instructions/ guidelines with regard to RIPL staff, roles of the field functionaries and other connected issues. For any financial commitment, approval/permission from Government is required.

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IV. Key Responsibilities of the various Committees:-

A. Strategic Governing Committee:

1. Set the policy guidelines for the implementation of the Physical literacy program in the Schools.
2. Finalize the implementation team structure
3. Approve project funding from out of Physical Literacy budget and review the project expenses periodically.
4. Approval of key partners/vendors for the roll-out
5. Set Key Performance Indicators and review the monitoring reports
6. Review the project expenses on regular basis
7. Create CSR funding avenues
8. Review the implementation status and suggest improvement areas.
9. Assess the administrative structure for monitoring the Physical Literacy and recommend for modification/ creation of administrative structure at filed level and State level.

B. Implementation Committee:

1. Prepare an implementation roadmap and roll-out the same.
2. Develop Budget estimates and obtain required financial clearances from the Governing Committee
3. Design project roadmap
4. Define role of each partner in the implementation of Physical Literacy program
5. Engage multiple stakeholders, vendors, and strategic partnerships with corporate for obtaining sponsoring events, CSR funding, etc.
6. Drive physical literacy awareness programs
7. Define and improvise physical literacy implementation plan
8. Put in place effective monitoring systems in place with appropriate technological tools. Develop and use required processes and templates for monitoring performance of teachers, students, vendors/partners etc.
9. Carry out research activities and develop an AP specific Physical Literacy models based on native data
10. To apprise Governing Committee on a regular basis

C. District Level Committee:

1. Ensure delivery of awareness and training programs for sensitization of ground level people including teachers, parents and local communities
2. Ensure compliance to training and delivery Physical Literacy schedules, standard processes in schools and continually improve delivery.

Monitoring the implementation of Physical Literacy programs and provides regular feedback to Implementation Committee

D. Mandal Level Committee:

1. Closely monitor the implementation of Physical Literacy programs at school level and maintain school-wise progress report.
2. Ensure compliance to training and delivery Physical Literacy schedules, standard processes in schools.
3. Regular feedback of the performance of the implementation of the program and suggest practicable strategies to District Level Committee.
4. Persuade the local donors and sponsors for conducting and improving the Physical Literacy programs.

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V. Monitoring and Roles of field officers

A. District Educational Officers:

- Conducting orientation to the teachers and supervisory staff on the evaluation procedures. This also includes training to teachers and Headmaster of all private schools.
- Gradual nurturing of physical activity and self expression from class I onwards and focus on children learning outcomes.
- They are responsible for arranging training programmes and create awareness on curriculum transaction and other reforms.

B. Dy. Educational Officers/ Mandal Educational Officers:

- The Dy.EOs/MEOs are responsible for 100% implementation of Physical Literacy in their division and monitoring the internals. This is for both government and private schools.
- Identification of expert teachers in the Physical Literacy and Yoga and communicating list of such teachers to the DEO.
- Monitor the work of Headmasters in monitoring the implementation of Physical Literacy activities.
- Record the nature of implementation and practices in the inspection book of every Government and private school.

C. Headmaster:

- Headmaster is the first level supervisory officer to ensure proper implementation of Physical Literacy activities and conduct of sports/games properly in the school.
- Identify and encourage teachers and children for their best efforts and talent and take it to the notice of higher officials for further training/coaching.
- Allotment of Physical activities and Yoga to the teachers available and see that all these areas must be transacted.
- Headmaster must maintain the records and registers, prepared by teachers and children on Physical Literacy and Yoga.
- HM to furnish about physical activities through on-line as per the schedule.
- The HM must ensure for quality and regular training in Physical Literacy as per academic calendar.
- The HM should conduct monthly review on the performance of the teachers and children and record in the minutes book along with suggestions for each teacher and review follow up action on the minutes of the earlier meeting.
- Arrangements for proper feedback to the children and their parents on children performance and school activities.

VI. The roles of various co-related Departments in Physical Literacy campaign are as follows:

A. Panchayati Raj and Rural Development

- Village level sports and physical activity infrastructure development
- Create Village level Physical Literacy champions.
- Engage females in sports/physical activity participation
- Initiate Village level fitness/sports events/tournaments
- Once in a year, conduct physical literacy assessment (it can be add-on to health assessments)
- Creating a culture of inclusiveness rather than competition.

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B. Medical and Health Department

- Include physical literacy in the health awareness initiatives.
- Physical literacy knowledge sharing at anganwadi level and govt health centers
- Once in a year, conduct of physical literacy assessment (it can be add-on to health assessments)
- Research and analysis of Health of school children correlating with School Education Department.

C. YAT & Sports Department/SAAP

- Sports policy provisioning Long Term Athlete Development (LTAD)
- Coach development on LTAD
- Regional centers developed as per LTAD processes.
- Required sports equipment to the sports schools.

ADITYA NATH DAS
SPECIAL CHIEF SECRETARY TO GOVERNMENT

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SECTION OFFICER